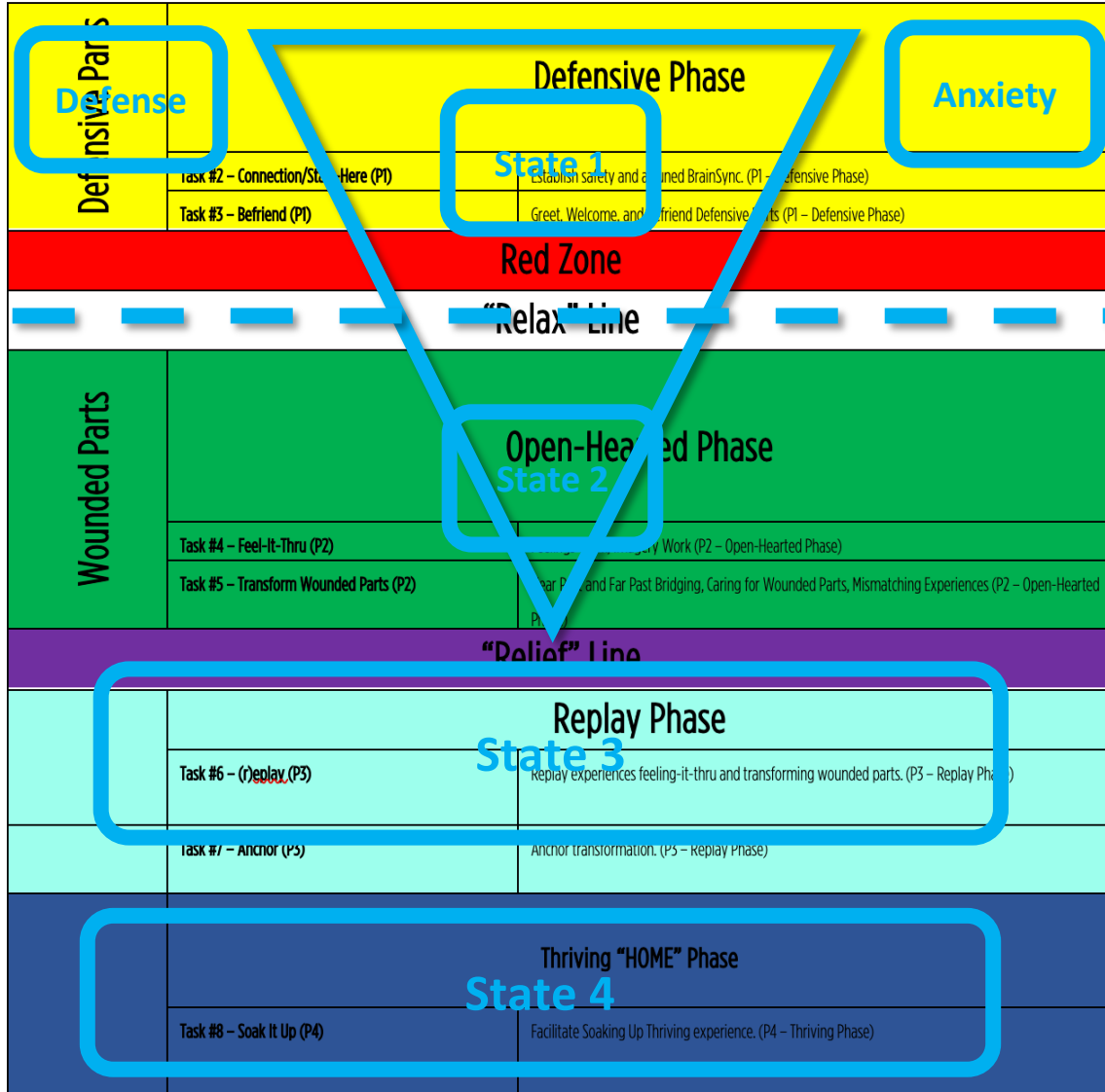


## The NICC "Course"

**Get Started (5 Minutes):** Check-In, Get-In-Sync, share Headlines, review Anchor, and agree on the Starting Focus.

**Task #1 – Get Started (P1)** Check-In, Get-in-Sync, Headlines, Anchor Review, and Starting Focus.

### START HERE: Feelings Work



**Wrap-UP (10 Minutes):** (5 min) Meeting Replay & Anchor + (5 min) Housekeeping Anchor:

**Task #9 – Wrap-Up**

Meeting Replay, Anchor Review, Housekeeping.

**FIGURE 9.1. The Phenomenology of the Four-State Transformational Process in AEDP, Including the Maladaptive Affective Experiences (i.e., the Pathogenic Affects and the Unbearable States of Traumatic Aloneness)**

